



# BEAR COUNTRY WRESTLING CLINIC



The Bear Country and Mercer County wrestling coaches and athletes are providing an instructional clinic for preschool through fifth grade boys/girls. The participants will be introduced to BASIC/BEGINNER wrestling techniques and rules in a relaxed and fun environment. This is a great way to introduce your son/daughter to wrestling and prepare him/her for the Bear Country Wrestling Tournament to be held Saturday, March 18th at Mercer County High School.

**WHO: All boys and girls in grades preschool through 5th grade**

**WHEN: 5:30 to 7:00 each night**

**Monday, March 13th through Friday, March 17th**

**WHERE: Mercer County High School Wrestling Room (Bill Breeden Athletic Building, across the street from the high school)**

**COST: \$20.00 (Make checks payable to Bear Country Wrestling Club)  
(if you are a current member of the Bear Country Wrestling Club, cost is FREE)**

Please feel free to contact Coach Dallas Morford 309-574-0291 ([morford135@gmail.com](mailto:morford135@gmail.com) or [mcbearcountrywrestlingclub@gmail.com](mailto:mcbearcountrywrestlingclub@gmail.com)) if you have any questions!

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Please bring this permission slip and payment with you to the first night of the clinic, March 13th. There is no need for early registration.

Name of Participant: \_\_\_\_\_ Age: \_\_\_\_\_ Grade: \_\_\_\_\_

Street Address: \_\_\_\_\_ City: \_\_\_\_\_

Parent/Guardian Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Email Address: \_\_\_\_\_

In consideration of your acceptance of my entry, my parents, intending to be legally bound, waive and release the MERCER COUNTY UNIT 404, BEAR COUNTRY WRESTLING CLINIC COACHES, VOLUNTEERS, AND MEMBERS from any and all claims or right to damages for injuries or losses suffered by me directly or indirectly in training for, traveling to and from, or competing in or attending the Bear Country Wrestling Clinic. Participants must provide their own medical insurance and proof of birth by parent/guardian signature. \*NOTE\* Attending this clinic does not obligate you to participate in the Bear Country Wrestling Tournament which is a separate event, nor do the clinic fees pay for your entry into the tournament.

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_